

## THE 16th ANNUAL GREEN LAKE OPEN WATER SWIM

**Check in begins at 7:30 am in Evans Pool/ Green Lake Community Center Gym. Enter via lobby.**

- Staging and finish line will be on the East side of the lake. Swimmers of ½ mile will be shuttled to the starting area on the West side.
- Sign up for the ½ mile straight, 1 mile round-trip course, or both. The ½ mile event will begin at 9am sharp at West Beach. There is a 30 minute time limit for the ½-mile swim. The 1 mile swim starts about 9:30am and will begin and end on the East side of the lake.
- Each swimmer will receive a swim cap and commemorative T-shirt. Awards will be given to top male and female in age groups.
- Wetsuits are allowed due to the unpredictability of the lake's temperature. Swimmer safety is paramount.
- Refreshments and hot drinks will be available for swimmers.
- Certified lifeguards will be in the water to supervise the swim. Swimmers 17 and under must have parental approval to participate. Minimum age is 10 years.
- Visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). For additional information call 684-4961. TDD Only 233-7061 (Persons with disabilities will be given reasonable accommodations upon request. Contact the pool Coordinator at 684-4961 to make such request.)
- **PARKING:** The lot fills quickly. Limited street parking available. Car pooling or alternative transportation strongly recommended.
- Swimmers may choose to travel by foot to the starting beach on the west side or will be shuttled by van beginning at 8:30 a.m. Van transport of shoes, towels and small personal belongings from west to east is provided for all competitors. Locker rooms at Green Lake Community Center/Evans Pool will be open only to competitors. Lockers available for \$.25 or bring your own lock.
- \$25 fee for microchips not returned to the race director.

**1 MILE    ½ MILE    Both    West to East Green Lake Open Water Swim**

|   |  |                |     |                         |  |
|---|--|----------------|-----|-------------------------|--|
| Last Name   |  | MI             |     | First Name              |  |
| Street Address  |  |                |     |                         |  |
| City  |  | State          |     | Zip Code                |  |
| Phone Number  |  | E-mail address |     |                         |  |
| Date of Birth (required)  |  | Age on 6/28    | Sex | Estimated 1/2 Mile time |  |
| <div> <div>DIVISIONS:</div> <div> <div>MALE</div> <div>Female: <input type="radio"/></div> <div>OPEN: <input type="radio"/> (Non-specific gender)</div> </div> </div> <div> <div>Age Groups:</div> <div> <div>10-12 <input type="radio"/></div> <div>25-29 <input type="radio"/></div> <div>45-49 <input type="radio"/></div> <div>65-70 <input type="radio"/></div> </div> <div> <div>13-15 <input type="radio"/></div> <div>30-34 <input type="radio"/></div> <div>50-54 <input type="radio"/></div> <div>70-74 <input type="radio"/></div> </div> <div> <div>16-19 <input type="radio"/></div> <div>35-39 <input type="radio"/></div> <div>55-59 <input type="radio"/></div> <div>75-80 <input type="radio"/></div> </div> <div> <div>20-24 <input type="radio"/></div> <div>40-44 <input type="radio"/></div> <div>60-64 <input type="radio"/></div> <div>80+ <input type="radio"/></div> </div> </div> |  |                |     |                         |  |

Mail- in must be received by June 24

**Select shirt size. Adult sizes only**

|   |   |   |    |     |
|---|---|---|----|-----|
| S | M | L | XL | XXL |
|---|---|---|----|-----|

Please note: Your registration for the Green Lake Open Water Swim program includes your permission to the City of Seattle Parks and Recreation to take photographs of myself and/or my child while he/she is engaging in the Open Water Swim. I also grant the right to edit, use and re-use said products for any and all educational, public service, marketing and outreach purposes selected by the City of Seattle Parks and Recreation. I release any and all rights, titles and interest my child or I may have in said photographs, movies, video tapes, web-site productions, finished pictures, reproductions, copies or negatives of the same in connection with such uses.

Signature \_\_\_\_\_ (Participant-Swimmer) \_\_\_\_\_ (date) \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_ (If participant is under 18 years of age) \_\_\_\_\_ (date) \_\_\_\_\_